



HEALTH SCORE

51%

Calypso Steak Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds beef strip steaks
- ☐ 4 servings garnish: cilantro fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup bell pepper diced green
- ☐ 1 teaspoon jamaican jerk seasoning
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 1.5 teaspoons lime rind divided grated
- ☐ 8 oz dole pineapple tidbits drained canned

- ☐ 0.3 cup onion diced red
- ☐ 1 head romaine lettuce
- ☐ 0.5 cup peach-mango salsa
- ☐ 0.5 teaspoon salt

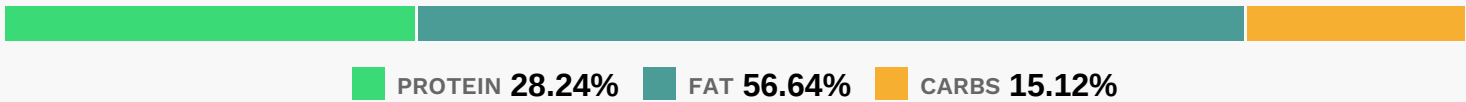
Equipment

- ☐ grill

Directions

- ☐ Place strip steaks in a shallow dish, and add 1 tsp. grated lime rind and 1 1/2 Tbsp. lime juice, turning to coat.
- ☐ Stir together pineapple, next 5 ingredients, remaining 1/2 tsp. grated lime rind, and remaining 1 1/2 Tbsp. lime juice until blended.
- ☐ Remove steaks from lime juice mixture, discarding juice.
- ☐ Sprinkle steaks evenly with 1 tsp. Jamaican jerk seasoning.
- ☐ Grill steaks, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side or to desired degree of doneness.
- ☐ Let steaks stand 10 minutes, and cut into thin strips.
- ☐ Arrange lettuce leaves on a serving platter, and top with sliced steak and salsa mixture.
- ☐ Garnish, if desired.
- ☐ *1/2 cup salsa may be substituted.
- ☐ Note: For testing purposes only, we used Desert Pepper Trading Company Peach Mango Salsa.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:33.383043330649%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 506.11kcal (25.31%), Fat: 32.11g (49.41%), Saturated Fat: 12.77g (79.83%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 13.98g (5.08%), Sugar: 12.3g (13.66%), Cholesterol: 146.28mg (48.76%), Sodium: 611.87mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.03g (72.05%), Vitamin A: 14090.19IU (281.8%), Vitamin K: 169.88µg (161.79%), Folate: 239.77µg (59.94%), Vitamin B6: 1.19mg (59.3%), Selenium: 39.78µg (56.83%), Vitamin B3: 9.98mg (49.91%), Zinc: 6.21mg (41.37%), Phosphorus: 380.98mg (38.1%), Vitamin C: 27.07mg (32.81%), Potassium: 1121.67mg (32.05%), Vitamin B12: 1.56µg (26.08%), Iron: 4.42mg (24.57%), Fiber: 5.32g (21.27%), Vitamin B1: 0.32mg (21.17%), Vitamin B2: 0.32mg (18.89%), Magnesium: 73.87mg (18.47%), Manganese: 0.34mg (17.15%), Copper: 0.3mg (14.86%), Vitamin B5: 1.28mg (12.77%), Calcium: 115.94mg (11.59%), Vitamin E: 1.6mg (10.68%)